

FRIDAY 18 JUNE 2010

13:00	100m	DECATHLON
13:00	100m	Men
13:15	100m	Women
13:30	100mH	HEPTATHLON
13:30	100mH	Women
13:40	LJ	DECATHLON
13:40	LJ	Men
14:30	HJ	HEPTATHLON
14:30	HJ	Women
14:45	SP	DECATHLON
14:45	SP	Men
15:15	SP	HEPTATHLON
15:15	SP	Women
15:30	HJ	DECATHLON
15:30	HJ	Men
15:50	200m	Men
16:10	200m	HEPTATHLON
16:10	200m	Women
16:20	400m	Women
16:30	400m	DECATHLON
16:30	400m	Men

SATURDAY 19 JUNE 2010

08:00	20km Walk	Women
08:00	20km Walk	Men
10:00	110mH	DECATHLON
10:00	110mH	Men
10:20	1500m	Women
10:30	PV	Women
10:30	800m	Men
10:30	LJ	HEPTATHLON
10:40	DT	DECATHLON
10:40	DT	Men
11:00	LJ	Women
11:00	400mH	Women
11:15	400mH	Men
11:30	PV	DECATHLON
12:00	3000m	Women
12:00	PV	Men
12:10	JT	HEPTATHLON
12:10	JT	Women
12:30	3000m SC	Men



12:50	JT	DECATHLON
13:40	JT	Men
14:15	800m	HEPTATHLON
14:15	800m	Women
14:20	1500m	DECATHLON
14:20	1500m	Men